



THE OHIO STATE UNIVERSITY

Million Hearts®:
Partnering for Major National
Impact





Presenters

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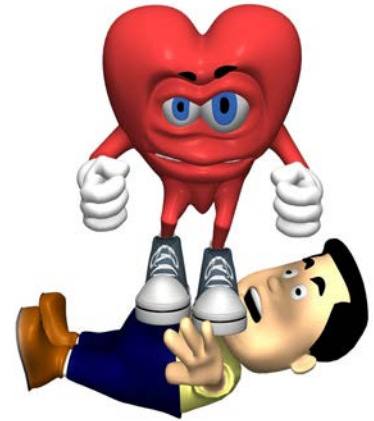
Symposium Objectives

- 1.) The learner will understand the Million Hearts initiative and the National Interprofessional Education and Practice Consortium to Advance Million Hearts.
- 2.) The learner will describe the Million Hearts Fellowship program.
- 3.) The learner will be able to identify 3 ways to integrate Million Hearts screenings and education into health sciences' curricula and community outreach.



Heart Disease Burden

- ***THE NATION'S #1 CAUSE OF DEATH***
- 600,000 people in the U.S. die of heart disease each year
- Someone has a heart attack every 34 seconds
- 1 in 31 women die from breast cancer whereas 1 in 3 die from heart disease



Centers for Disease Control and Prevention (2014, August). *Heart Disease Facts*. Retrieved from http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm



Stroke Burden

- Stroke is the fourth leading cause of death in the U.S.
- 800,000 people in the United States have a stroke each year
- One American dies every 4 minutes from a stroke; 130,000 Americans
- Over 85% of strokes are caused by blockage in the brain's blood vessels
- Stroke often leads to long-term disability

Centers for Disease Control and Prevention (2014, August). *Stroke Facts*. Retrieved from <http://www.cdc.gov/stroke/facts.htm>



Cardiovascular Disease Risk Factors

Risk Factors that CAN be changed

- High blood pressure
- High cholesterol
- Tobacco Smoke
- Overweight/Obesity
- Diabetes
- Physical Inactivity
- Unhealthy eating
- Depression
- Stress

Risk Factors that CANNOT be changed

- Race
- Older age (65 or older)
- Gender
- Genes



Considering all Causes of Morbidity and Mortality, Behaviors are the #1 Killer of Americans



Sitting Increases Risk of Heart Disease





WHAT IS THE MILLION HEARTS® INITIATIVE?





The Million Hearts Initiative®

“The Million Hearts® initiative focuses, coordinates, and enhances cardiovascular disease prevention activities across the public and private sectors in an unprecedented effort to prevent 1 million heart attacks and strokes and demonstrates to the American people that improving the health system can save lives.”

- CDC, 2013





WHAT ARE THE ABCSs?





Know your ABCSs

- Appropriate Aspirin Therapy
- Blood Pressure Control
- Cholesterol Management
- Smoking Cessation
- Stress Reduction**



Picture <http://www.thediabetesclub.com/wp-content/uploads/2010/07/blood-pressure.jpg>

** Ohio State's additional "S"



The Million Hearts® Initiative

Controlling these risk factors can reduce risk of heart attack and stroke by more than **80%¹**....

Look at the  that exists!

1. Centers for Disease Control and Prevention (n.d.) About Heart Disease and Stroke. Retrieved from <http://millionhearts.hhs.gov/abouthds/risk-factors.html#hdAge>





TAKING ACTION: REDUCING RISK



Appropriate Aspirin Therapy

- Benefits and risks of aspirin therapy should be assessed with each patient
- If it is determined that aspirin is right for a patient, then determine which dose is indicated:
 - One baby aspirin (81 mg) every day, or
 - One regular aspirin (325 mg) every other day ¹



Blood Pressure Control

- If indicated, make sure the patient has been taking the medication as directed
- Lifestyle Modifications for blood pressure reduction include¹:
 - Weight reduction
 - Adoption of the Dietary Approaches to Stop Hypertension (DASH) eating plan
 - Dietary sodium reduction
 - Increased physical activity
 - Moderation of alcohol consumption

1. The 8th Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure.



Cholesterol Management

- If indicated, make sure the patient has been taking medication as directed
- Lifestyle Modifications for cholesterol reduction include¹:
 - Following a healthy diet high in fruits, vegetables, low-fat dairy foods, and whole grains and low in saturated fat, trans fat, and cholesterol
 - Weight reduction
 - Increased physical activity



Smoking Cessation

- Advise quitting
- Proactive telephone counseling, group counseling, and individual counseling formats are effective and should be used
- Both counseling and medication should be provided to patients trying to quit smoking¹



Stress Reduction

- No single method works for everyone or in every situation
- Some things to try: eat a well balanced diet, listen to music, spend time with family or friends, deep breath, join a support group, keep a journal, practice yoga or meditation, exercise, take a walk or get a massage





INTRODUCING....

**THE NATIONAL
INTERPROFESSIONAL
EDUCATION & PRACTICE
CONSORTIUM TO ADVANCE
MILLION HEARTS®**

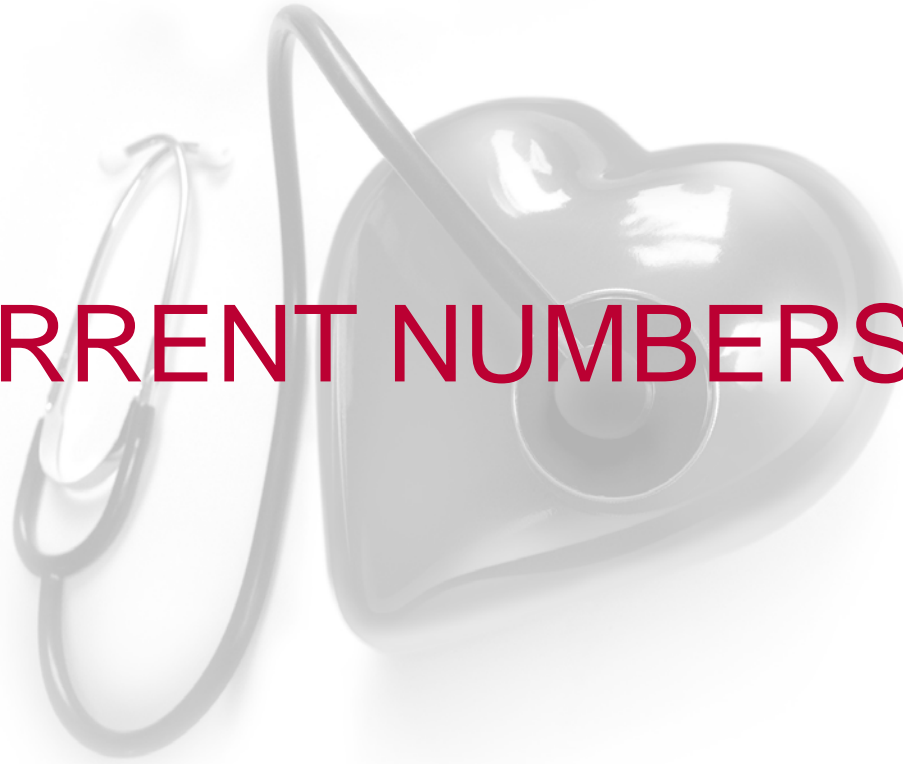


What is NIEPCAMH?

- An association of academic institutions, community groups, and healthcare organizations who are committed to the advancement of Million Hearts® and promoting population health through prevention and screening
- Our goal is to screen and educate 100,000 individuals



CURRENT NUMBERS



A stethoscope with a black tube and silver chest piece is positioned over a large, glossy, dark grey heart-shaped object. The heart has a metallic sheen and a circular indentation in the center. The background is a soft, out-of-focus white.

JOIN US TODAY





THE MILLION HEARTS® ONLINE EDUCATIONAL MODULES & SCREENING PROCESS

Kate Gawlik



Million Hearts Fellowship Program

4 Easy Steps



Million Hearts Fellowship Program

Step 1



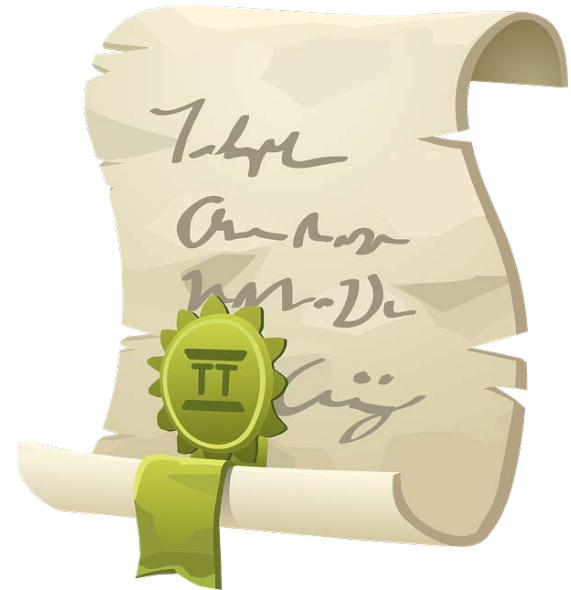
Million Hearts Fellowship Program

Step 2



Million Hearts Fellowship Program

Step 3 & 4



Million Hearts® Community Ambassador Program



A stethoscope with a silver-colored metal head and a black rubber tube is positioned over a large, glossy, three-dimensional heart. The heart is a dark, reflective color, possibly black or dark grey, and has a realistic shape with visible veins and a slight shadow. The background is a plain, light grey.

10 Step Million Hearts® Screening Protocol



Supplies Needed to Complete a Million Hearts® Screening

- Blood pressure cuff*
- Stethoscope*
- Stadiometer
- Scale
- Body Mass Index Chart*
- Perceived Stress Scale-4 (PSS-4)*
- Cholesterol machine & equipment
- Million Hearts® educational handouts*
- Participant Clinical Recording Log*
- Cloth tape measure

* essential items for basic assessment



10 Easy Steps to Performing a Million Hearts® Screening

1. Gather supplies.
2. Greet the participant and ask for permission to conduct a Million Hearts® screening on him/her.
3. Record the participant's age, gender, race/ethnicity, state of residence, & smoking status on the *Participant Clinical Recording Log*. If you are doing cholesterol, also record whether the participant is currently fasting.



10 Easy Steps to Performing a Million Hearts® Screening



4. Obtain and record blood pressure.
5. Obtain a height, weight, (actual or reported) and waist circumference.
6. Calculate and record Body Mass Index.
7. Complete and record the Perceived Stress Scale-4.



10 Easy Steps to Performing a Million Hearts® Screening

8. Complete and record a cholesterol screen. If unable to complete a cholesterol screen, ask the participant about past cholesterol screenings and encourage him/her to see a health care provider to be screened.
9. Counsel on all normal findings, abnormal findings, and taking the Million Hearts® pledge.
10. Provide Million Hearts® educational hand-outs and refer to a health provider for any abnormal findings.



Incorporating into Curricula

- Assessment, Community/Public Health, Leadership, and nursing clinical courses provide numerous clinical opportunities
 - Flu clinics
 - Alumni Activities
 - Community Activities
 - Free Clinics
 - Community Partnerships
 - Grant Partnerships
 - Sporting Events
 - Medical Centers
 - Student Groups



Advantages for Incorporating into Curricula

- Student clinical experiences in population health and contributing to national initiatives
- Online, self-study module for students
- Resume builder – certified as a Million Hearts Fellow
- Builds partnerships between colleges/schools of nursing and community organizations
- Benefits local community members



A stethoscope is positioned over a large, glossy, three-dimensional heart shape. The heart is dark and reflective, with highlights from the light source. The stethoscope's tubing is dark and loops around the heart. The background is a plain, light color.

MILLION HEARTS® COMMUNITY OUTREACH & ENGAGEMENT





Local Screening Events

- Examples of participation in community events
 - Ohio State Fair
 - Farm Science Review
 - Ask-A-Buckeye Nurse



OSU Screening Events

- Examples of participation within OSU
 - Heart Checks
 - OSU Retirees Association
 - Valentine's Day



Partnering with OSU Extension to Advance Million Hearts®



Wellness on Wheels (WOW)

- Four WOW tours have been completed
 - Bus tours with students and faculty from the colleges of nursing, medicine, nutrition, exercise science, public health and pharmacy
 - Conducted large scale Million Hearts® and wellness screening utilizing interprofessional teamwork



Local Corporate Screenings

- Partnerships with local corporations
- Students conducted Million Hearts screenings on employees



Statewide Impact

- Ohio Nurses Association
 - Collaboration with the Ohio Nurses Association to offer the educational program for continuing education credit to members for free
- Focus on nurses participating in screening events



Nationwide Impact

- NIEPCAMH
- American Heart Association
- Women's Heart Alliance



Online Million Hearts® Courses

- 3 online courses for the community members who screen positive
 - Blood pressure
 - Cholesterol
 - Stress & Smoking
- Heavily focused on lifestyle modifications





Questions??

